

You can find *The Link* and much more at www.quendonandrickling.co.uk

January 2020

S

Quendon & Rickling Parish

NE and Church

In this issue						
Police Contacts	2	District Council	4	U3A	10	
Vicar's Message	2	Parish Council	5	Victim Support	11	
Church Contacts	3	Pop-Up Cinema	5	Rickling School	11	
Church Services	3	Loneliness	6	Security Advice	12	
Member of Parliament	3	Celebrating Winstanley	6	Crime News	12	
Whist	3	100 Club	8	What's On	13	
In Memoriam	3	Broadband	8	Publication Details	14	
Hedgehogs Playgroup	3	Golf Society	9	Emergency Life-saving	14	
Council Chairman	4	Waffles!	9			
Community Café	4	Hundred Parishes	10			

Happy New Year Everyone!



Visits: If you would like the Vicar to visit you at home or in hospital, or know of anyone who would like him to visit them, please let the Vicar know.

The Rev'd. Neil McLeod, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL **Telephone:** 01799 540339 **E-mail:** vicar4nqrwchurches@gmail.com

From the Vicarage Study Rev. Neil McLeod, Priest-in-Charge of Newport with Widdington, Quendon and Rickling.

As we prepare to head into the New Year, so the church moves into the season known as Epiphany. Epiphany means revelation, and our weekly church readings are all about Jesus being revealed to us. Our first reading concerns the kings visiting Jesus the child and bringing their gifts. We always think there were three kings, but in the Bible it isn't stated – we go on the fact there were three gifts. Other readings concern the baptism of Jesus and the presentation of Jesus in the temple. All of the readings reveal Jesus as king, Saviour and speak of his death.

Having returned from my extended study leave, I can honestly say that I had a new revelation of Jesus. On my retreat, of which I wrote about last month, I saw God in new ways in the world that he has created. I was encouraged to stay with a subject – mostly a flower or tree, or hedgerow, and look at it from different angles. It was amazing to actually stop and appreciate the beauty and wonder of the world that we live in.



I also saw God in the welcome that I received from transgender people who welcomed me, and who were so open and honest with me about what their lives had been like. Before I went away I was worried as to whether anyone would speak with me, but I was able to set up a few meetings. They were so gracious, and I have to say it was inspiring to see how their faith had helped them in their struggles.

Which brings me to something I heard on my retreat. On the photographic retreat, the leader was doing talks on colour, light and shade. One of the things he said was that 'light needs darkness to be seen'. Jesus describes himself as the light of the world, and as the light of the star guided the kings to Jesus, so his light can guide us. None of know what the New Year will bring. Good things? Bad things? Struggles? If life is not easy then I pray that through next year you will see Jesus's light in the darkness, and that Jesus reveals himself to you afresh.

Happy New Year.

Revd Neil McLeod

Police contact information	
For crimes and suspicious activity NOW phone	999
For non-urgent incidents and reporting a crime that has already happened	101
Alternatively you can report non-urgent incidents or suspicious activity and c https://www.essex.police.uk/do-it-on-line/	rimes on-line at
Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime in England, Wales and Northern Ireland.	
If you have been defrauded i.e. lost money phone or report online at https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime	0300 123 2040
If someone has tried to defraud you but you have <u>not</u> lost money, phone or report online at https://www.actionfraud.police.uk/report-phishing	
To give information anonymously phone CRIMESTOPPERS or report it on-line at www.crimestoppers-uk.org	0800 555 111

		Church Service	s in the B	enefice			
Sunday 5	<u>th January</u>		Sunday 9	<u>th February</u>			
9.30am	Newport	Contemporary Communion	8.30am		BCP Communion		
11.00am	Widdington	Family Service	9.30am	Newport	All Age Worship		
Sunday 12	<u>2th January</u>		11.00am	Quendon	BCP Communion		
8.30am	Widdington	BCP Communion	Sunday 1	<u>6th February</u>	, -		
9.30am	Newport	All Age Worship	9.30am	Newport	Holy Communion		
11.00am	Quendon	BCP Communion	11.00am	Widdington	Holy Communion		
Sunday 1	<u>9th January</u>		Sunday 2	Sunday 23rd February			
9.30am	Newport	Holy Communion	8.00am	Newport	BCP Communion		
11.00am	Widdington	Holy Communion	9.30am	Newport	Holy Communion		
3.30pm	Rickling	Evening Prayer	11.00am	Rickling	Holy Communion		
Sunday 2	6th January		3.30pm	Newport	Messy Church		
8.00am	Newport	BCP Communion	Sunday 2	<u>8th February</u>	<u>– Ash Wednesday</u>		
9.30am	Newport	Morning Worship	11.00am	Newport	BCP Holy Communion		
11.00am	Rickling	Holy Communion	6.00pm	Quendon	BCP Holy Communion		
3.30pm	Newport	Messy Church	In ac	ddition to th	lese services, prayer		
Sunday 2	<u>nd February</u>	ruary meetings are held as follow:					
9.30am	Newport	Contemporary Communion	Quendon, Mondays 4 30 pm				
11.00am	Widdington	Family Service	Rickling, Thursdays 9 00am				
	Widdington, Tuesday 9 00am						
	Newport, Wednesday 4 30 pm.						
			INEwp	ort, weunesua	ly 4 50 pm.		
		In Mei	noriam				
Violet Wr	right						
		019. Her funeral took place at Rick	ling Church	on 27th Nove	mber 2019.		
Raymond	<u>Wright</u>						
At Quendon Church on 12th November 2019 the funeral took place of Raymond Wright, husband of Sylvia. Sylvia							
would like to warmly thank all who came to Ray's funeral.							
	5	o both families.					
Priest in (Charge of Nev	wport with Widdington and Quen	don and Ri	ckling.			
		The Vicarage, 5, Meadowford, Newp			CB11 3QL		

The Rev'd. Neil McLeod, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL Telephone: 01799 540339 E-mail: vicar4nqrwchurches@gmail.com

Churchwardens -Quendon: Mrs Christine Osbourn 01799 543367 and Mrs Maureen Hawkins
Rickling: Lisa Huxtable 07771 541944Treasurer -Quendon and Rickling: Mrs Sandra Arnold 01799 543075

	Our Member of Parliament			
Quendon Bowling Club	Surgeries are an opportunity for you to meet with me, your Member of Parliament, and seek advice or assistance on confidential issues. For all other			
Whist Drives	enquiries please send an email as it's often possible to meet sooner or speak			
SATURDAYS 7.30pm.	over the phone. Should you wish to attend a surgery, please contact me at the earliest opportunity. Street surgeries do not require an appointment.			
<u>2020:</u>	kemi.badenoch.mp@parliament.uk			
4th January				
1st, 15th & 29th February	Hedgehogs Play Group, Widdington			
14th & 28th March	Hedgehogs playgroup at Widdington village hall will restart on Monday 13			
4th & 18th April	January 2020 and run Mondays during term time 9:30 till 11:30am.			
Admission. £2.50 (Includes Refreshments & Raffle)	All ages are welcome and a great time for new members to join as this friendly group is relaunched.			
	Please contact Helen Palmer; BridgeMeadowsDonkeys@gmail.com and 07428 123848 for further information and updates. And join the Facebook group;			
	https://www.facebook.com/groups/hedgehogswiddington.			

3





ALLASPECTSTREESERVICES.CO.UK

TREE SURGERY STUMP GRINDING HEDGE CUTTING FENCING

01279 730659 07940 231964

INFO@ALLASPECTSTREESERVICES.CO.UK

From the Chairman of the Parish Council

Happy New Year, Fellow Villagers!

Welcome to a new decade! I wonder what the 2020's will bring for Quendon and Rickling!

I hope you all had a lovely Christmas, enjoyed spending precious time with family and friends and received the presents that you wished for!

It was a busy 2019 and 2020 looks to be even busier! The Parish Council covers many things, including events, planning, liaison between the various committees and school, footpaths, broadband and mobile coverage, SSE, to name a few and whenever there are issues, we do our best to resolve them. Within the PC, each member has specific responsibility and every councillor is a volunteer, most work full time and the ones who don't, all wear other "hats". We do now have a full consortium who are passionate about the villages. They are keen to continue to deal with the day to day issues but are also keen to ensure that, as villages, we are as caring and inclusive as possible.

We are always around to answer any questions and if you have any ideas for the villages, please do tell us, we would be very happy to hear them. Everyone is very welcome to attend the monthly PC meetings and raise issues that you may have. We will always try our best to answer them.

2020 has plenty of events planned, amongst other things, Waffles & Wine, Saffron Screen Pop-up, England Cricket Day, Quickling Festival, various classes in the Village Hall, the Bowling Club, a well established cricket team and a developing football team. All of the contact details are either on our website or in *The Link*.

On this note, the Parish Council would like to wish you all a very Happy New Year!

Sally Kitcat

Report from District Councillor Neil Hargreaves

<u>Cllr Neil Hargreaves</u> apologises for being unable to provide his usual District Councillor's Report, but wishes our readers a happy and successful New Year.

Other News from Uttlesford District Council.

You can get email newsletters and alerts on a whole range of topics via Keep me posted – sign up and find out more at www.uttlesford.gov.uk/keepmeposted.

Quendon & Rickling Parish Council News

Where did it go?

Wow! Another year gone by. And the end of my second year as your parish clerk. Tempus certainly fugits. By the time you read this we will know the result of the general election so we can all start watching the news again.

News from the parish council meeting

This meeting contained the greatest number of planning applications in my, admittedly, still short history as clerk, although two of the items did relate to previous applications that had already been decided by UDC.

The land north of 1 Mill House is a hot topic. The PC made a very detailed comments submission regarding this application, ultimately objecting to the application. At the time of writing the decision to approve or refuse has not been taken. This matter came up again at the parish meeting. Please see the minutes on the website for full details. [Note: for a full list of planning applications and their status, plus refer to the Planning section on the website].

The website will be updated to show each councillor's responsibilities within the council. You might also have noticed that not all councillors have a mugshot. This is a personal choice as there is no actual requirement for photographs to be displayed.

Tom Duncan, our new councillor, was asked about mobile phone coverage. Please see his article in $\exists he \ Link$. I think we can agree that he knows what he is talking about.

There is still no progress on the speed survey. The council is waiting on a response from our County Councillor.

It looks like the horse chesnut trees are definitely goners. The arboriculturist says all the trees are diseased to some extent or other. Enquiries will be made regarding suitable replacements. Hornbeam or oak maybe?

So, it just remains for me to wish all residents of

Quendon and Rickling a Merry Christmas and a prosperous New Year. And I hope Santa brings you all that you asked for.

See you in the New Year!

Welcome Packs

The Parish Council provides a Welcome Pack of information for new residents to the Village. If any newcomers to the village have not received a copy of the pack, do please let the Clerk know on the contact details below and a welcome pack will be dropped off to them.

Allotments (part of the Quendon Hall Estate):

- Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling
- * Telephone: 01799 543526

Next Parish Council Meeting

Will be on 15th January 2020 at 7.30pm.

Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it: http://www.essexhighways.org/Report-a-problem.aspx

A tracking facility for all reported faults is available.

Police/Crime

The Essex Community Messaging Service provides useful information to the public about policing and safety issues. It is free to register and information is given relative to your postcode, thus providing accurate and upto-date community safety information and crime prevention advice. Users can choose to receive information via e-mail, text or voice-recording and can select what information to receive – based on where they live and work and on issues of interest. For further details and to sign up, visit www.essex.police.uk/ecm

Contact the Parish Council

The Clerk, Keith Williams can be contacted by e-mail quendonandrickling.clerk@hotmail.com or by telephone 01279 814473



COMBATING LONELINESS



All the lonely people, where do they all come from? So sang the Beatles in 1966 in the haunting ballad of Eleanor Rigby. Fifty three years later, loneliness is perhaps even more of a societal problem than ever before.

Modern life has much to recommend it, but in its wake comes divorce, the breakup of families, bereavement, retirement, ill health, old age and myriad other situations that can trigger those paralysing feelings of loneliness.

Paradoxically, loneliness is not the same as being alone. Many people live happy and contented lives in solitary bliss, while others experience the empty feelings that come with this isolating condition, even in a crowd of people. Nor are young people exempt - loneliness can impact anyone whatever their age.

Loneliness is debilitating, has a real impact on our wellbeing and can lead to severe mental health problems. So what can be done to help? There's no magic wand, of course. But we can all do our "bit" by keeping a weather eye out for family, friends and neighbours who may have experienced one of life's devastating events. A phone call, an invitation for a "cuppa" or a glass of wine for instance are obvious ways by which we can demonstrate that someone cares, that there's someone there who will listen.

There are also organisations that can help through social activities, befriending, regular phone calls and outings. There are clubs and societies for all sorts of interests and sometimes local churches provide "cafe" facilities for their local community. However, trying to track down what's out there and what's available is another matter.

WECAN, for instance, has been awarded a grant by Essex County Council to deliver the United in Kind programme throughout West Essex with dedicated coaches in each district working to raise awareness of loneliness and isolation alongside Community Champions and programmes of activities.

Carers, older people and those with mental health or learning disabilities are able to call upon Essex Befriends, while Age UK also offers one-to-one and telephone befriending and REAL Friends provides support to young people enduring bullying.

Fortunately, there are also a number of organisations which provide social activities and befriending for people with conditions such as dementia, cancer, loss of sight and/or hearing and mental health issues - those who are often at most risk in society of loneliness and isolation.

Full details about these organisations and many more are available on Uttlesford Frontline. This is the brainchild of Uttlesford CAB and lists almost 200 organisations across West Essex that can provide help, advice and information on a wide range of health and well-being issues. Each service listed provides full contact details, fact sheets and a call back option.

Contact: www.uttlesfordfrontline.org.uk

or if you do not have digital access, call Healthwatch Essex

on 0300 500 1895 (calls charged at local rate).

CELEBRATING WILLIAM WINSTANLEY







1 Month Free

Sign up in January and get 1 whole month free!

Terms & Conditions apply



W: www.visionfitnesshenham.co.uk

Tel: 01279 850809

E: Info@visionfitnesshenham.co.uk

Vision Fitness have some exciting news to announce. On the 29th November 2019 Vision Fitness won 'Boutique Gym Of The Year' at The National Fitness Awards. This means that out of the whole UK, Vision Fitness based in a small village called Henham won! Beating Gyms from big towns such as Sheffield and Tunbridge Wells.

We would just like to say a huge thank you to the local community, staff and local business that have supported us since the beginning. We couldn't have done any of this without your support!

Finally some more exciting news is that Vision Fitness has had plans approved to expand! This will mean more Gym equipment as well as a brand new 'state of the art' second studio that will offer Spin classes as well as other fantastic new classes.

We look forward to helping everyone achieve their goals in 2020 no matter what they may be! Contact us today for more information and how we can help you.

Broadband Update

Now that most of the properties in the parish have got Gigaclear available at their doorstep, it's time to sum up where we are with super- and ultra-fast broadband in the parish. (Superfast broadband is more than 30Mbps; Ultrafast is more than 100Mbps).

I see other villages locally which benefited from an early superfast upgrade to their cabinet are now getting nowhere trying to get ultrafast, having found that superfast is not good enough and suffers contention. We're lucky to have got coverage – despite the frustrating wait we are actually ahead of the game on delivery of fibre-to-the-premises (FTTP).

Searching around on various websites, I have found the following plans (and estimated delivery dates). Once connected, I am told that properties should be able to order a service very soon afterwards.

- * Cambridge Road from Quendon Church northwards: Gigaclear will be working to connect up all the properties in December 2019
- * Brixton Lane: Gigaclear will be working to connect up all the properties in January 2020
- * Church End Rickling: Community Fibre Project organised by Graham Daniels will be delivering Openreach FTTP by February 2020
- * In-fill along Cambridge Road including Hallfield: Gigaclear will be working to connect up those unconnected in March 2020
- * In-fill in Rickling Green: Gigaclear appear to have plans in 2020 to cover Greys Hollow and Longridge although no specific details are available yet
- * Bluebell Drive: SuperfastEssex have plans to fund Openreach to connect most of these properties up between July 2020 and March 2021 also includes Quendon Bowls Club
- * Quendon Hall Estate: SuperfastEssex have plans to fund Openreach FTTP to connect all these properties up between July 2020 and March 2021
- * Ventnor Road: No plans by anyone to connect here, I'm afraid. Residents should register their demand with Gigaclear and with SuperfastEssex (as I am doing currently). From what I understand some residents are using broadband over 4G and getting a reasonable service.

While on the subject of digital connectivity, let me bring up the next thorny subject – mobile phone reception. The government is starting up a project called the Shared Rural Network (SRN). This initiative aims to get better mobile coverage in rural areas and eliminate poor coverage by 2025, using public subsidy. The approach is to ensure that all operators share masts, which doesn't sound very progressive but will help a lot.

At the moment there are frustrating anomalies. For example my family members on TescoMobile (O2 network) can all get reasonable indoor coverage at home, but I on Virgin (EE network) cannot; more widely I understand that much of the village gets a reasonable coverage from Three, but not much else, and of course as the coverage maps themselves are so unreliable, it's really hard to get to know what is available where. If all operators are available wherever any operator is now, coverage indoors and out should be much better.

Quendon Bowling Club has registered an available site for a mast, but at present no operator has sought to take up the offer. Once fibre is laid to the Clubhouse, it's more likely there will be interest.

Tom Duncan

For more information or to discuss specific broadband problems and situations please get in touch email tddqrpc@gmail.com or via the Village Facebook page

Quendon & Rickling 100 Club

Congratulations to the December 2019 winners

- 1st.....£35
- 2nd......T Deriziotis......£24
- 3rd......£14

If anyone else would like to participate an application form can be downloaded from the Village Website (www.quendonandrickling.co.uk). Remember this generates a good source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.







Q+R Golf Society

The Golf Society has had a busy couple of months to close our year. On Friday November 8th we made our annual return to Bishop's Stortford Golf Club with Susie and Richard Hartley. Eighteen of us enjoyed a lovely day out with the usual variable golf but very good spirits. We played for our very own Bandit Trophy which is awarded once a year and this time our star player is Jamie Price

with a stableford score of 37, Mervyn Waite came second with 35 and Tony Jones in third place. We combined the serious side of the day with a team game which was the usual fun and the winners of this were Tony Jones, Alan and Jamie Price with a very creditable team score, just pipping Brandon Chapman,

Mervyn Waite and Chris Howarth. Nearest the pin prizes were taken by Tony Knight and Tony Jones with really professional shots on the designated holes. Bishop's Stortford club gave us a free round of golf for two people and Alison Harrison-Dees was the lucky name to be drawn to go back for another go when she chooses. Thanks to Susie and Richard for a great day - as ever!

On Wednesday December 4th 25 of us, golfers and non golfers, met at our own Cricketers Arms on the Green for an evening meal and general celebration of our year, as well as the chance to wish each other the very best wishes for Christmas and the New Year. The Cricketers did us proud and it was really good to meet the new team. Very yummy food and great service. Jane Waite organised a rather riotous game of 'beetle' which was won by Val Oliver with the main impression being that of a lot of noise and laughter rather than concentration! The following morning a hardy 10 of us went down to Toot



Hill Golf Club and despite a trolley ban due to freezing and wet conditions, 7 of us played 18 holes in improving weather as the day progressed and had a good time. The Carr brothers from Newport were the winners of the day -Alan's guest Colin was victorious but Alan was only

one point behind. Impressive family performance. Colin also won the nearest the pin prize for landing his ball on Toot Hill's 12th hole island green - I think he was the only one of the seven of us whose ball had a safe landing and several were lost in the water, mine included.

We've had another good year and plan to meet in late January to decide where and when to play next year. Do get in touch if you're a local golfer - we'd love to have you with us.

janewaite@hotmail.com Merry Christmas and Happy New Year from us all.

THE HUNDRED PARISHES SOCIETY

invertebrates.

unwelcome

crops.

feast on worms and other soil

what they can to discourage

they attack their precious

vegetarian woodpigeons

flocks



ww.hundredparishes.org.uk

the Hundred Parishes Society includes birds and trees surrounding a church spire. This tranquil scene, a engraving wood by Eric Ravilious, captures the sights Albury and sounds of the countryside,



Matching

conditions. The larger ravens are increasing in number and you may hear their gurgling croaks which carry far on the wind.

Mature circle-soaring buzzards are patrolling their territories. Hovering kestrels are searching for food. You may also see a red kite with a forked tail and wingspan of nearly 6 feet (1.8 metres).





hinting at church bells, wind in the treetops and bird song.

During a wintry walk as you scan the horizon you may spy a variety of birds. Mixed flocks noisy of corvids, especially rooks and jackdaws, deftly execute their aerial acrobatics in blustery



Hanging Hill, Quendon

Bridge End Gardens, Saffron walden pheasant or blackbird may sound an urgent alarm call.

All too often, the background noise of vehicles, sirens and aircraft can intrude, but it is still possible to find locations where the natural sounds take centre stage. I encourage you Stansted Mountfitchet to experience the sights and



Mixed parties of tits keep in Radwinter

touch as they flit among branches searching for insect food. Robins sing and a mistle may proclaim thrush his presence from a lofty perch. In sunny sheltered spot, starlings whistle merrily.

> As you walk, a snap of a twig or the squelch of your boot in the wet mud reveals your presence and а startled



sounds of the countryside. www.hundredparishes.org.uk offers a choice of winter walks.

Tricia Moxey, Trustee



07874-385541

The monthly meeting on November 21st to hear Charlie Haycock's view of the Eccentric View of the Countryside was very well attended. He was most amusing and entertaining and a welcome antidote to the miserable November weather.

At the time of writing we are looking forward to our Christmas events. On December 12th, we hold our Monthly Meeting at which Paul Adams will be talking about the Rock and Roll music of the 50's and 60's. This meeting will be held in St Theresa's Church Hall in Stansted, rather than our usual venue of St John's which is being used as a Polling Station for the General Election. Our annual Christmas Dinner at Bury Lodge is on December 19th. These are in addition to the many festive events being organised by the various activity groups.

There is plenty to look forward to at the U3A in 2020. There is already a full list of speakers for the Monthly Meetings in 2020 on the Trips and Events page of the website. Our first monthly meeting of 2020 is on January 16th at St John's Hall, Stansted, 1.30 for 2.00, when Linda Scoles will give her talk "The Yanks are Coming", an American's view of a Suffolk village. This is expected to be very amusing.

The first trip is a theatre trip to see the West End Show "Pretty Woman" at the Picadilly Theatre. This is being organised for Wednesday March 28th and will be a matinee performance starting at 2.30pm and costing £47 per person. By now the trip may be fully booked, but please see the Trips and Events page of the website for information on how to book or add your name to the waiting list.

Submitted by Anne White on behalf of Stansted U3A.

www.u3asites.org.uk/stansted

VS VICTIM SUPPORT

Volunteering for Victim Support in Essex – help make a difference to people's lives in your community

Essex VS is currently seeking volunteers to support victims of crimes such as burglary, hate crime, fraud and harassment. If you are reliable, non-judgemental and have good listening skills, we offer specialist training to provide you with the skills to support those affected by crime, empowering them to overcome the emotional, psychological and practical effects of crime.

Working from home in this varied role, you will be supporting victims over the phone and face to face. We know from speaking to thousands of victims of crime every year that it can be difficult to talk about what's happened or to ask for help and our volunteers are a real lifeline for people, when they need it most.



Anita has been volunteering for Victim Support for 5 years. "I find my role extremely rewarding because I am helping people who are often overlooked. I particularly enjoy the challenge of finding different ways to help someone, because every case and every situation is unique. My role has allowed me to build up lots of new skills, so that I can get good outcomes for my clients. I feel that volunteering for VS has opened my eyes to what I am capable of."

Victim Support is an independent charity. We work across England and Wales to offer free and confidential support to victims of all crimes, whether or not the incident has been reported to the police.

We are currently recruiting volunteers for our next training programme. If you are interested in becoming a Victim Support volunteer and can offer four or more hours a week, please contact Janet Booth on 01277 357557 or email essexvolunteering@victimsupport.org.uk

More information is also on our website: https://recruitment.victimsupport.org.uk/vacancy/service-delivery-volunteer-essex-404443.html

Rickling School



It's feeling an awful lot like Christmas time at Rickling!

Christingle



KS2 Nativity

We enjoyed a lovely Christmas dinner, complete with Christmas jumpers and festive cheer! A lovely festive day and we sav an enormous thank you to Mrs Brown, Mrs Whitfield and Mrs Lay for their hard work.

The panto this year at The Rhodes Centre was a fabulous

interpretation of Sleeping Beauty and everyone really enjoyed it, including the teachers!

Oak class Nativity was an absolute

delight - wonderful costumes, staging and music courtesy of Mrs Hancock and Mrs Hodges. What wonderful



Nativity

arts at some point in the future!

An ENORMOUS Rickling thank you to our hard working Friends of Rickling. Another wonderful Christmas which Fayre in the children, adults and staff had fun and also spent some money! We raised over £1,000 for Rickling school. A special thank

you also to Maple class for taking their duties on stalls very seriously - we are incredibly proud of you!



performers Oak class are.

Acorn class nativity was also

absolutely delightful! Well done to

all of the children on their first

primary school performance and to

Miss Burrows and Mrs Lay for

their hard work in getting the

Winstanley

Security News and Advice from Stephen Armson-Smith, Braintree & Uttlesford Crime Prevention Officer - 090819

A New Year and some new stuff

Christmas has gone and we are into the new year, although the days begin to get longer we still need to make our houses look occupied when we are not in and do what we can to protect our property.

Create the "Illusion of Occupancy", when it's dark make your home look like you are in. Leave lights on or put them on timers or daylight sensors to come when it gets dark. Remember though, no one lives in the hall or on the landing so if you leave these lights on supplement these with lights on in rooms that you would normally occupy at that time of day i.e. lounge and kitchen. A carefully placed imitation TV or "Fake TV" can further add to that illusion of occupancy by making it look like the television is on. Some burglars may also listen at windows or letterboxes for sign of activity, so consider leaving a radio on within your home.

Don't forget the outside of your property too; if burglars see that it is lit they are less likely to approach for fear of being seen.

Leave lights on, with energy efficient bulbs it costs very little now days and yet may save you lots!

A remotely monitored doorbell can let you know who is at your door and let you talk to them making it appear that you are in, there are number of these available now such as "Ring" and "Nest".

Your Property: Be it a cycle, electrical goods, garden equipment or mobile phone it may have a serial number; make sure that you keep a record of it, and there are a number of property marking products available like indelible pens, SelectaDNA, SmartWater, CRE mark by CRE products to name but a few to make your property less attractive to thieves.

With jewellery and antiques don't forget to take photographs of it, include an "Object ID card" or ruler in a photograph to give it a scale. Some of these property marking products may also be suitable.

Mobile phone and personal music devices: Don't forget to make a note of the IME number of a mobile phone, to find it key in *#06#, with this if it's stolen you can block it. You can download an "App" on mobile phones to find your phone and more importantly wipe that data stored on it, check your "App store" or mobile phone provider. Many TV's, mobile phones, computers and other electronics come pre-loaded with security and/or tracking software, make sure that it is activated. If you are storing valuable college work or other on that nice new laptop don't forget to back up your work elsewhere just in case you lose the laptop.

A number of accredited property marking and security products can be found on the Secured by Design webpage www.securedbydesign.com.

CRIME NEWS

An Independent advisory group has been set up and we are looking for members from the Uttlesford Community. If you are interested please email 71102@essex.pnn.police.uk

Can you help?

The Victim Support Scheme is asking for more volunteers to help with their service. Victim Support provides an invaluable service to many victims of crime. If you are interested in helping out please see the above document and get in touch for further details.

I commend this service to anyone that is looking for some worthwhile volunteer work.

Crime Prevention Advice

This week's advice is regarding vehicle tracking devices following recent requests from Watch members asking for further information. See the attachment above.

Also in this district, lawn mowers are still being stolen from sheds and outbuildings. Please take time to overtly mark these items with your postcode and house number as this will make them harder to sell, more easily traced back to you and therefore ensure that any person found with your mower has some questions to answer, as to how it came into his/her possession. Without some form of ID how do we know it's stolen? Please help us to help you.

Vehicle Tracking Devices

Essex Police recommend a Thatcham approved device fitted by the companies own installer or by a Thatcham / company approved installer. These devices have been tested to a set standard approved by the Insurance Industry and together with its installation by an approved fitter, should assist with the successful recovery of your stolen vehicle and minimal fuss if an insurance claim is needed. We unfortunately cannot recommend any particular company.

Thatcham Approved Categories

While all Thatcham approved trackers are preferred by insurance companies, there are multiple categories available.

The different categories are known as S5 and S7, although you may still see them listed under their pre January 2019 as either CAT 5, CAT 6, or CAT 7.

All Thatcham approved vehicle trackers must meet the strictest of criteria, making the differences between CAT S5 and S7 no reflection on how secure they will be.

The biggest difference between trackers in the two

CRIME NEWS (Cont.)

different categories are that S7 trackers have a reactive system which does not require driver ID.

This means that S7 vehicle trackers cannot tell the difference between yourself or an unauthorised person taking your vehicle.

S5 systems, on the other hand, use a proactive system which can identify if an approved driver ID key is present. If there isn't, a silent alarm is activated which will alert you that your vehicle has been moved.

Thatcham S5 Vehicle Trackers

Category S5 is the highest level of certification that can be awarded to insurance approved trackers, with those devices that receive this certification being deemed as the most secure on the market.

Aside from highly-accurate GPS tracking, the vehicle trackers in the S5 category have a number of high-end features.

These include rapid police response and the ability to remote immobilise a vehicle should it be stolen.

Thatcham S7 Vehicle Trackers

The new S7 category of insurance approved trackers offer GPS vehicle tracking at a lower cost, as they do not include many of the additional features found in S5 trackers.

Category S7 trackers will still provide a level of tracking that will be more than sufficient for everyday motorists.

They can show accurate street mapping, provide driver identification, and even include motion sensors to monitor if your vehicle is moved without your permission.

(source: business motoring.co.uk 3 Jul 2019)

<u>Advice</u>

It is important to compare the specs of each device within a category as some devices have additional capabilities that others do not, such as:

- * both GPS and VHF systems to avoid jamming,
- * motion sensor/ tamper alert
- * geo fencing to alert any movement out of a given area,
- * remote immobiliser to stop the machine going any further
- * 24hr monitoring team or/and notification to your smart phone
- * driver recognition
- * European coverage / Police support
- * Cost, fitting prices, and annual subscriptions vary.

Some companies supply and fit their own devices where as others rely on third parties. If you need to track more than one vehicle, discounts may be available. Speak to your insurance company, and possibly your professional body (if a member) as they may have a preference, and preferential discounts could be available through them. Also you may be entitled to reduced insurance premiums.

Please note that unapproved simple tracking devices can be obtained much cheaper from a variety of sources, including the internet. Many of these are designed to fit directly onto existing electrical components within a vehicle, however caution must be given as the capability of these devices can be limited and their location may be easily identified by any criminal with a basic knowledge of the vehicle in question. Vehicle thieves often only target a selection of vehicles that they are familiar with.

Paul Harris, Essex Police Staff No 42077939

Essex Watch Liaison Officer for Brentwood, Epping Forest, Harlow and Uttlesford districts

Tel: **07738 736687** (Please avoid leaving phone messages and email me instead. Thanks)

You can also find me on TWITTER: Paul Harris EWLO@PaulEssexWatch

What's On

Where no organiser is shown for any event in Q&R Village Hall, contact the Hall Manager, Christine Osbourn on 01799 543367 for details

Event	Date	Time	Place	Notes
EXTEND Exercises	Mondays	10.30	Q&R Village Hall	Pat Turner 01799 543314
Saffron Searchers	1st Monday in month	1 -	Q&R Village Hall	-
Dog Training	Mondays	-	Q&R Village Hall	Pauline Everton
Rainbows	Mondays	16.00-17.00	Q&R Village Hall	(Pre-Brownies)
Prayer Meeting	Mondays	16.30	Quendon Church	
Pilates	Tuesdays	09.00-10.00	Q&R Village Hall	Jan Crawley 077421 82272
Dance Exercise	Tuesdays	Morning	Q&R Village Hall	Christine Alexander
Dance Exercise	Tuesdays	Afternoon	Q&R Village Hall	Christine Alexander
Armadillos	Tuesdays (term-time)	09.00	Rickling School	Stevie Green 01799 542734
Community Café	3rd Weds in month	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	Wednesdays	10.30	Q&R Village Hall	
Wednesday Club	Wednesdays	-	Q&R Village Hall	Christine Osbourn 01799 543367
Carpet Bowls	Wednesdays	19.00	Quendon Bowls Club	David Edwards 07804 954095
Prayer Meeting	Thursdays	09.00	Rickling Church	
Line Dancing	Thursdays	-	Q&R Village Hall	Dawn Bond 01787 460274

What's On (Cont)

Rickling Runners Buffy Playbus Whist Drive Parish Council **BCP** Communion **Evening Prayer** Holy Communion Thursdavs Fridavs Saturdays see p3 15th January 12th January 19th January 26th January

The Green 19.30 09.15-10.30 Rickling Green 19.30 19.30 11.00 **Rickling Church** 15.30 11.00

Stevie Green 01799 542734 Term-time Quendon Bowls Club Tony Green 01799 218796 **Q&R** Village Hall Quendon Church

- . – . – . – . – . – . – .

Rickling Church

Advertising in The Link

reaches every household in Quendon and Rickling at attractive rates This space could be promoting YOUR business

Contact:

Advertising on telephone

01799 543297 or

The Editor preferably by e-mail at robert@arnold-q.uk, or telephone 01799 543075

Emergency Life-saving

Should someone suffer a cardiac arrest or show symptoms of a heart attack e.g. pains in the chest, then your first action should always be to phone the ambulance service on 999. The service will refer you to our Automated External Defibrillator which is at the front entrance to Quendon & Rickling Village Hall. Anyone can save a life by using it until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.

Home Telephone Name Alan Price 01799 542527 Jane Price 01799 542527 Robert Arnold 01799 543075 Sandra Arnold 01799 543075 Andrew Thomson 01799 543253 Karen Thomson 01799 543253 Thelma Wilson 01799 543313 Chris Phillips 01799 542351 Sue Phillips 01799 542351 Nigel Ackerman 01799 540678 Wendy Stannard 01799 541869 Anne Howes 01799 543545 Pat Turner 01799 543314 Joanne Hales 07903 596011 Janice Hart 01799 541196 Clare Willoughby 01799 543637

Locality Northern end - Cambridge Road Middle - Cambridge Road Middle - Cambridge Road Middle - Cambridge Road Middle - Cambridge Road Southern end – Cambridge Road **Rickling** Green **Rickling Green** Rickling Green/Brick Kiln Lane/Rickling Rickling Green/Brick Kiln Lane/Rickling





For further information see www.communityheartbeat.org.uk/

Remember: Using the defibrillator can't cause injury. Doing nothing can.

The Link is produced on behalf of Quendon & Rickling PCC, who do not necessarily share or endorse any opinions expressed by contributors or advertisers.

The Link is delivered free of charge by volunteers to every household in the villages of Quendon and Rickling. It is also available by post and online at: http://www.quendonandrickling.co.uk

All correspondence for The Link should be addressed to the editor, Robert Arnold: preferably by e-mail with attachments if necessary: robert@arnold-q.uk, or at Talbots,

Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075 Copy for each month is normally required by the 19th of the preceding month to allow for assembly, printing and delivery. *The Link* is assembled using Scribus software and is printed through the generosity of

ALTERNATIVE Managed Services

http://www.alternative.uk.com/ E-mail: info@alternative.uk.com



CHIROPODIST

Mrs Julie Golden

HPC Registered/State Registered

Home Visiting Practice

Est.1994

01279 873492

Mobile 07916 075451

A professional service at a competitive price



Call: 01799 542424 Text: 07791 058406



More than just a service



All Domestic & Commercial works undertaken www.shelfordheating.co.uk

T: 01223 833426 E: sales@shelfordheating.co.uk

TONY WOOD Qualified Registered Electrician

All electrical works undertaken

Re-wires, new circuits, extensions Replacement Consumer Units Electric showers, heating, additional sockets Internal and external lighting

> Free advice & estimates References available Competitive rates Fully insured

Please ring Tony on 07714 300920 01279 493780 Or e-mail camwoodhome@outlook.com

Or e-mail camwoodhome@outlook.com Electrical Safety Register Approved Contractor Electrical Safety

Electrical Safety Register





Please mention

The Link

when responding to advertisements here.

An advertisement this size is only £45 for a whole year!



Jacolin Sheaf (Lampon) D.O. 4a Red Cottages, Cambridge Road, Quendon, Saffron Walden, Essex CB11 3XH

Structural Osteopathy, Cranial Osteopathy. Treatment of back and neck pain, muscle and joint pain, Tension headaches, trapped nerves and sports injuries. One-to-one Pilates instruction. Specialist Clinic for pregnant mothers, babies and children.

Tel: 01799 543444

Email: info@quendonosteopathy.co.uk Web: www.quendonosteopathy.co.uk

> ONSITE PARKING AT THE NEW CLINIC

Interested in TIME BANK?

Join our local Time Bank register to offer and receive ad hoc help with every day jobs such as: small gardening issues, dog walking, befriending, cups of tea, baking, light housework, dietry advice, running errands, and much more ...

Contact: Tessa Deriziotis on: 01799 510 525 (work) 07904 890991 (home) volunteer@volunteeruttlesford.org.uk



Andrew Thomson

Tel: Quendon 01799 543253 or Mobile 07876331710 andrew.d.thomson@btinternet.com www.caringforgardens.co.uk

For anyone who needs help from a caring gardener. No job is too small and weekly work is always especially welcomed.

NFU Mutual Insured

Advertising in The Link reaches every household in Quendon and Rickling at attractive rates This space could be promoting YOUR business Contact: Advertising on telephone 01799 543297 or The Editor preferably by e-mail at robert@arnold-q.uk, or telephone 01799 543075